



## Polar Plunge Proceeds Exceed Goal

The numbers are in and it's official: Special Olympics Michigan is more than \$160,000 richer, thanks to a series of Polar Plunges sponsored by the Michigan Law Enforcement Torch Run (LETR). The grand total of \$161,207 is well above LETR's goal of \$150,000.

More than 650 people took icy dips in freezing water at one of the 11 Polar Plunges that were held throughout the state. Proceeds from the Polar Plunges support the year round sports training and athletic competition for over 15,200 athletes with intellectual disabilities.

See page 4 for more  
Polar Plunge details  
and photos of some of the  
"BRRR-ave" participants!



*Snow White and four of her dwarfs won the Best Costume prize in Jackson's Polar Plunge. Taking the leap (l.-r.) are JCF Sgt. Mark Wurmlinger, RUO Ed Reid, ARUS Marty Hall, Capt. Francine Powell and RUO Andrea Ramp.*

## Kennedy Named JCF Non-Supervisory Employee of the Year



Congratulations to Jerry Kennedy, who works in the mattress factory at the G. Robert Cotton Correctional Facility (JCF). He has been chosen as JCF's 2007 Non-Supervisory Employee of the Year.

Kennedy has worked at the facility for more than 21 years and is considered a dedicated and loyal employee. He chairs the MSI safety committee and his colleagues recognize him as a key factor in improving safety standards in his area, as well as the fire and safety policies and procedures at JCF.

"Sometimes our jobs can be very difficult, especially dealing with an environment that can be very negative at times," said Warden Douglas Vasbinder. "It is very pleasing to be able to work with employees like Jerry, who are a positive influence on others."

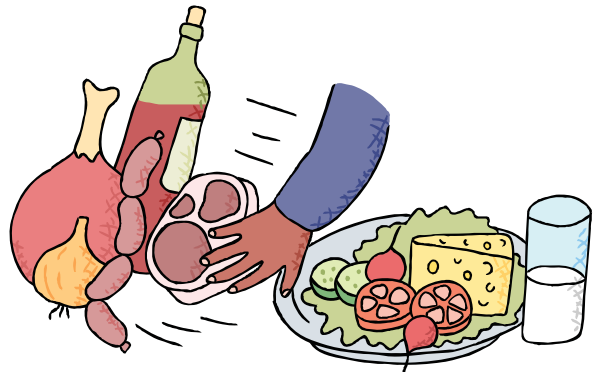
*JCF's 2007 Non-Supervisory Employee of the Year Jerry Kennedy (c.) is shown with Assistant Superintendent Lanny Akers (l.), who nominated Kennedy for the award, and Warden Douglas Vasbinder (r.).*

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## Spring Into Wellness with Health Fair

MDOC will host the department's first "Spring Into Wellness" Health Fair on Wednesday, May 16, from 10 a.m. to 2 p.m. Booths will be located on the first floor and lower level of the Grandview Plaza building. All central office employees are invited to participate in this free Health Fair by using your various morning, afternoon and lunch breaks. A wide assortment of information will be available, including but not limited to details about the following:



- Massage therapy and its benefits
- Physical fitness programs
- Nutrition
- Yoga
- Screenings for blood pressure, body fat analysis, and bone density
- Mental wellness
- Childcare services
- Mercury thermometer exchange (Bring in your mercury thermometer in a double bag and the Ingham County Solid Waste Coordinator will exchange it with a digital thermometer.)
- Financial planning – Nu-Union Credit Union
- Organic foods
- Ergonomic healthy work station
- Health Salad Competition – employees vote for their favorite salads from downtown Lansing restaurants

Taking advantage of this opportunity to increase health and fitness awareness is not only beneficial in your personal life, but in the workplace as well. Participation is encouraged to improve the health and well-being of our staff. Please join us in making this event a great success!

## State Employee Discounts – Update

Interested in state employee discounts? The web site we told you about in an earlier **F.Y.I.** is no longer available but you can find them at this one, courtesy of the Michigan Department of Information Technology (MDIT). Links to detailed information can be found in the far right corner of the web page:

<http://connect.michigan.gov/portal/site/mdit/menuitem.ac63a8cbfd7011cf30b87b4252b890a0/>

Discount information is available in the following categories:

- Barnes and Noble (Online Only)
- Capital City Airport Parking
- Cell Phones: Alltel Affinity, Cingular, Sprint-Nextel, Verizon
- Computers: Apple, Dell, Hewlett-Packard
- Fitness Clubs
- Health and Safety
- Hotels
- Learning Tree
- Office Max
- Pedometers



## ESP Helps You Take Charge of Your Mental Health

The State of Michigan Employee Service Program (ESP) provides confidential, no cost services to classified state employees and family members who may be experiencing work-related or personal problems. From time to time any one of us can use an objective viewpoint or a professional perspective in resolving a problem or concern. ESP counselors are a resource for support and information during difficult times, as well as, for more day to day concerns.

What services does ESP offer?

-Face-to-Face or Telephonic Assistance/Consultation: ESP counselors will work directly with you face-to-face or over the phone to answer questions, identify and assess problems, problem-solve, develop a plan of action, provide if necessary pre-counseling assistance, make a referral for mental health or substance abuse treatment services, or link you to helpful services in the community.

-Mental Health Screenings: ESP provides self assessment tests to help employees and family members identify mental health conditions that may affect their health or emotional well-being. These anonymous self-assessment tests can help you determine whether further assistance is needed. Screenings are available for depression, alcohol, eating disorders, and anxiety.

-Wellness Seminars: To provide information, support, and resources for reducing stress, managing negative emotions, and improving your mental health. Topics range from stress management, depression, coping with change, grief, and alcohol use. ESP counselors can help you cope with life changes that affect attitudes and relationships at work and in your personal lives. ESP also offers 30-minute "bite sized" Lunch and Learn sessions that are interactive providing practical information on stress, change, and communication.

-Stress Management: Stress! We all have it. We all talk about it. What can be done about it? ESP has a program called Systematic Stress Management, **F.Y.I.** May 3, 2007

the Proven Way to Relax. It teaches people how to cope more effectively with stress in their lives. You will learn a systematic technology that is designed to prevent and minimize all types of stress. The techniques are effective, easy to learn, and can be readily used in a normal living and working environment. The modules presented in the Systematic Stress Management are: Understanding Stress, Stress Management at Work, Type A and B Behaviors, Relaxation Training, Thinking Differently, Communication and Stress, and Time Management.

-Traumatic experiences: Traumatic events are sudden, unexpected and short in duration. Events such as violence, suicide, homicide, accidental death or serious injury at the workplace are examples of such events.

**May is  
Mental Health Month**

ESP counselors will work with department representatives to provide on-site support, such as defusing or debriefing

sessions designed to validate and normalize acute stress reactions, accelerate recovery and reduce the risk of long-term effects.

-Work/Life Services: It isn't easy to juggle the demands of work and personal life. These can include a variety of family issues including the care of children, caring for the elderly, physical fitness, financial services, abuse in the home, and legal services. ESP counselors are available to help you reduce stress and strike the best work/life balance.

Take the next step and give us a call. Call 800.521.1377 or stop by one of our office locations in Lansing at the Capitol Commons Center, 400 S. Pine, Suite 103, or our Detroit location in Cadillac Place, 3068 West Grand Blvd, Suite 4-300. Counselors are available Monday through Friday from 8:00 a.m. to 5:00 p.m.

For urgent mental health situations 24 hours 7 days a week, employees covered by the State Health Plan PPO should call 1-866-503-3158. Employees who belong to an HMO should call their HMO.

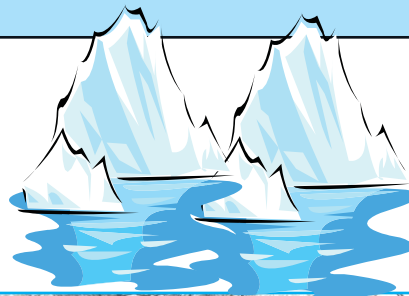


# Highlights of the 2007 LETR Polar Plunges

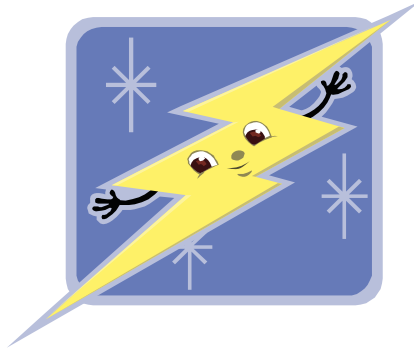


Here's a list of the 2007 LETR Polar Plunges, the total raised and the number of participants for each:

Belleville	\$15,562.91	74
Cheboygan	\$11,242.75	46
Detroit	\$24,539.89	79
Grand Rapids	\$22,102.02	76
Jackson	\$12,393.00	56
Lansing	\$25,790.32	101
Mt. Pleasant	\$17,946.25	72
Muskegon	\$ 4,678.78	37
Saginaw	\$ 8,100.31	28
Whitmore Lake	\$12,855.09	64
Gwinn (UP)	\$ 5,996.04	26



## MDOC Energy Extras



*MDOC Energy Extras is a new regular feature for F.Y.I. Here we'll provide energy savings tips that can be used to reduce costs not only at work, but also at home.*

### **Extra #3: Heater Tune up**

For Fiscal Year 2006 the Department of Corrections paid approximately \$16.5 million for natural gas expenses. To help curb this expense and save on the consumption of natural gas, the physical plant central office purchased three combustion analyzers. These analyzers are available for use at any facility.

Boilers or heaters are typically checked a minimum of once per year to determine their efficiency. In most heaters, the air/fuel ratios can be adjusted to get the most optimum efficiency.

Cleaning can also be done at that time to help ensure that the fire box area is free of debris. Inspections on the heaters can also be completed at that time to help detect possible problem areas. In most cases, problem areas can be found and repaired prior to a heater failing completely.

The combustion analyzers can be used to tune up the heaters. Depending on the heater, the goal would be to have your heater exhaust show an efficiency of about eighty percent. If we can tune our boilers or heaters to run at their designed efficiency rating, we could save the department approximately two percent of what was spent during Fiscal Year 2006. That equates to \$330,000 per year, simply by adjusting the fuel and air settings.

Please contact the Physical Plant Central Office to schedule the combustion analyzers for your facility. The phone number is 517-373-4471.

## **SMT Employees Shine in the Face of Tragedy**

Parnall Correctional Facility (SMT) employees have come together to support a fellow employee in a time of heart-wrenching loss. On March 17 Patricia Thomas lost her daughter and granddaughter in a house fire. In an effort to help, SMT staff members held a bake sale and raised nearly \$750 for Thomas and her family. Employees also donated annual leave hours to allow Thomas to stay with her family during a time of need.

"I would like to say thank you to everyone who has been supportive and prayed for me and my family during our time of great loss. It has been very difficult but, we are coping as best as we can," Thomas said. "I want to express my gratitude to the SMT employees and the Employees Club for taking the time to visit with me at home and for the cards, flowers and food galore. The money will help to offset some costs that have occurred. Words cannot express my appreciation and joy. It makes me feel proud to work with such caring and loving people."

Warden Harold White states that this is typical behavior for SMT staff.

"Our thoughts and prayers go to Pat and her family," he said. "Whenever any employee experiences a loss of this nature, the SMT family is there to assist."



## 2007 *Benefits for Life* Optional Coverage Program

**Benefits for Life**, the employee-paid, optional coverage program offered to State of Michigan eligible employees, is designed to help you be safe, protected and prepared. The program offers you the opportunity to apply for coverage in key benefit areas and continue that coverage should you change jobs or retire.

There are many important enhancements to the **Benefits for Life** offerings in 2007 including a **Guaranteed Issue offering for Universal Life insurance** that give you more features, options and flexibility in choosing insurance coverage. Plan options include supplemental term life, critical illness, universal life and auto and home insurances.

**Universal Life Insurance** provides life insurance protection for the employee, spouse, children and grandchildren. This plan builds cash value with a variety of living benefits including long term care.

### ***New Guaranteed Issue Coverage for Employees:***

Only for open enrollment 2007, eligible employees ages 18-64 can buy universal life insurance on a Guaranteed Issue (GI) basis for \$10 per week up to \$70,000. Guaranteed Issue means you can obtain coverage without answering medical questions. If you did not enroll last year or your application was declined, you can apply for Guaranteed Issue coverage during this year's special enrollment opportunity.

### ***Maximum Benefit Amount Increased to \$300,000:***

The maximum benefit amount for you or your spouse increased from \$250,000 to \$300,000 on a Simplified Issue (SI) basis.

**Long Term Care Benefit Rider Enhancements:** The long term care benefit rider has been enhanced to provide a monthly benefit of 4% of the death benefit for up to 25 months for a medically necessary stay in an assisted living facility.

**Critical Illness Insurance** provides a lump sum cash benefit upon first diagnosis of a covered critical illness.

**New Occupational HIV Benefit Rider:** This rider provides a lump sum payment in the event an insured contracts HIV in conjunction with the performance of their normal occupational duties from a needle stick or sharp injury, or mucus membrane exposure.

**Auto and Home Insurance** provides coverage for your automobile(s), home and other types of personal insurance.

**Increased Auto Insurance Discount:** The auto insurance discount has increased from 5% to 10%.

**Supplemental Term Life Insurance** provides life insurance protection for the employee, spouse and children.

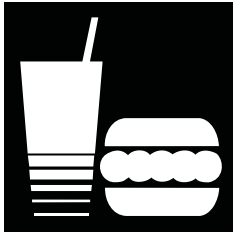
**Guarantee Issue Enrollment Reminder:** New hires enrolling for coverage when first eligible can receive up to \$180,000 Guarantee Issue (no medical questions). Employees who enrolled in 2006 can increase coverage during the 2007 enrollment period up to \$180,000 Guarantee Issue. Eligible employees who did not enroll when first eligible need evidence of insurability for any amount of coverage requested.

### **2007 Employee Education and Enrollment Process**

The 2007 employee education and enrollment process will take place **April 23-May 31**. In many locations, benefits representatives will be available to conduct onsite group education meetings and/or meet individually with employees at your work location. During the meetings, the representative will provide information about the **Benefits for Life** plans and explain how to enroll. If you choose to meet individually with a representative you can obtain personalized rate quotes, have your questions answered and receive assistance in the enrollment process. With your supervisor's prior approval, you may use administrative leave to attend these meetings.

You will be notified of the available dates and meeting times for your location. A call center enrollment option will be made available to employees at locations where onsite meetings are not scheduled or for employees unable to attend a meeting. Look for worksite posters and information from your department for meeting dates and times at your location. You can visit the Department of Civil Service web site for more information about the program at <http://www.michigan.gov/mdcs>. Click on "Employee Benefits" in the left menu, then on "Voluntary Benefits."

## Charity Begins at Home



The Straits Correctional Facility (KTF) education staff organized a Sloppy Joe luncheon to benefit a fellow employee who is fighting cancer. She

has been off work since early 2007, and continues to travel long distances for treatment. The luncheon served about 300 people and raised more than \$2,300. Chippewa/Straits Correctional Facility staff have also been donating funds and participating in "casual days" for her, raising about \$1,000. Pictured here are several KTF education staff members (l.-r.) Schoolteacher Joe

Naccarato, Classification Director Helen Haas, Secretary Deb Piche, Vocational Instructor Susan Shunk, Schoolteacher Jody Burt and Principal Jill Besteman.



## Promotions Through April 21

### CORRECTIONS TRNSPRTATN OFCR-E

ARNETT, MICHAEL C	EGELER
DRUM, DONALD L	EGELER
MCCORD, MICHAEL A	EGELER

### PAROLE PROBATION MANAGER-2

ALSTON, OMAR B	FOA REGION III
MUSSER, STEPHANIE M	FOA REGION III

### PAROLE/PROBATION OFFICER-E

ODELL, LAURA	FOA REGION III
WALKER, MATTHEW C	FOA REGION III

### PAROLE/PROBATION OFFICER-E STP

SHIELDS, RYAN P	FOA REGION III
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### REGISTERED NURSE-2

MANGUS, CHARLES E	HURON VALLEY
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## Special Olympics Fund Raiser a Slam Dunk

Muskegon Correctional Facility (MCF) staff members played a combined team from Earnest Brooks (LRF) and West Shoreline (MTF) correctional facilities in the 4th annual Special Olympics Basketball Game held recently in Muskegon. MCF won the traveling trophy, with a score of 59 to LRF/MTF's 47. More than \$1,000 was raised in support of Special Olympics.

**F.Y.I.** is a publication of the Michigan Department of Corrections, Office of Public Information and Communications. We welcome your input! Contact us with your story ideas.

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